

Master CNA Hand & Foot Care Skills Test

Navigate provider differences and diabetic safety protocols. Based on analysis of NNAAP, Prometric, and Headmaster requirements plus real testing experiences.

Step 1: Setup & Hand Hygiene

- Perform thorough hand hygiene - soap and warm water for 20+ seconds
- Gather supplies on clean barrier: basin, warm water, mild soap, towels, single-use orangewood stick, emery board, pump lotion
- Apply gloves if contact with body fluids anticipated
- Prepare for enhanced hand sanitizer protocols (Headmaster embedded requirements)

Step 2: Hand Care Sequence (Steps 1-8)

- Soak fingers/hand in warm water for 5-10 minutes
- Verbalize "soaking at least 5 minutes" and wait for RN observer acknowledgment
- Wash thoroughly using soapy washcloth, including between fingers
- Rinse completely and dry, paying attention to areas between fingers
- Clean under nails using single-use orangewood stick (clean tip between each nail)
- ■ NEVER cut nails for diabetic patients - file only!
- File nails straight across using single-use emery board
- Apply lotion and remove excess (Prometric requirement)

Step 3: Foot Care Preparation & Safety

- Position basin on protective barrier, ensure stable placement
- ■■ ALWAYS have patient check water temperature first (especially critical for diabetic patients)
- Don gloves before washing foot (NNAAP requirement)
- Use proper body mechanics - kneel beside basin rather than bending from waist

Step 4: Foot Care Procedure (Steps 9-15)

- Soak foot for 5-10 minutes (standard patients only)
- ■ NO soaking for diabetic patients - use warm water wash only
- Wash foot thoroughly - top, sole, and especially between toes
- Do NOT add soap to basin - use soapy washcloth technique (Prometric variation)
- Rinse foot in basin (keep foot in basin during rinse per Georgia experience)
- Dry completely, especially between toes (prevents fungal infections)
- Warm lotion in hands first before applying (Prometric technique)
- Apply lotion to top and sole ONLY - never between toes (infection risk)
- Replace sock (required by Prometric and Headmaster)
- Replace shoe with ties properly secured (Prometric requirement)

Step 5: Infection Control & Equipment Management

- Dispose of single-use orangewood stick immediately after use
- Dispose of single-use emery board - never reuse between patients
- Avoid cross-contamination - clean supplies never touch dirty surfaces
- Use pump lotion to prevent container contamination
- Remove gloves properly (if worn) and perform hand hygiene

Step 6: Inspection & Documentation

- Inspect skin for changes, wounds, or concerning findings during care
- Report any skin changes immediately using SBAR format
- Document care provided including patient response and observations
- ■ Special attention to diabetic complications - any redness, swelling, or skin breakdown

Step 7: Final Safety & Patient Positioning

- Position patient comfortably and safely
- Ensure call light is within patient reach
- Lower bed to safe position
- Clean and store equipment properly
- Complete enhanced documentation requirements (Headmaster emphasis)

Step 8: Professional Communication

- Explain procedure: "I'll provide hand and foot care to keep your skin healthy"
- Verbalize timing requirements and receive observer acknowledgment
- Maintain professional conversation throughout procedure
- Ask about patient comfort: "Is the water temperature comfortable for you?"